

002-1204: Taikyoku Kake

Summary

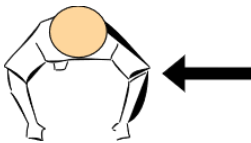
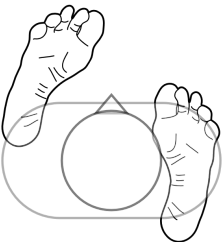
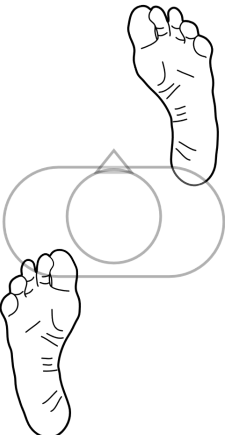
This kata introduces moving into a stance and landing safely while kicking.

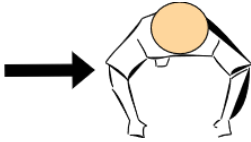
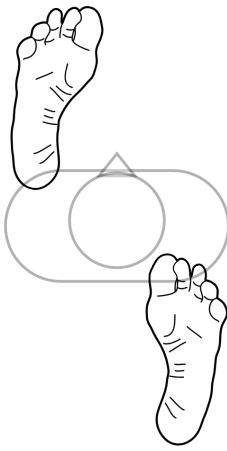
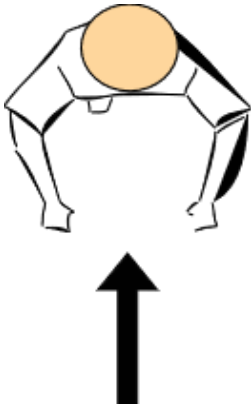
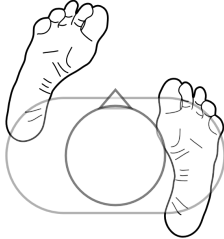
Type	Pattern
Sub-Type	Kata
Introduced at	7th Kyu

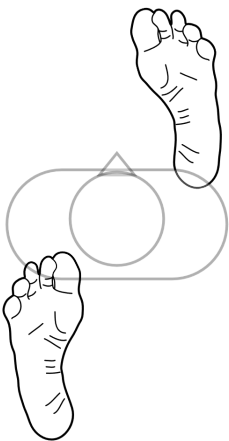
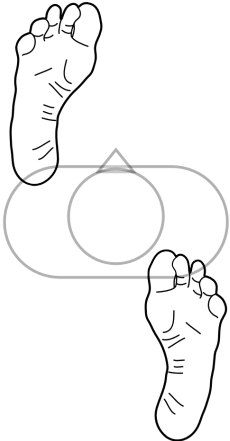
Video

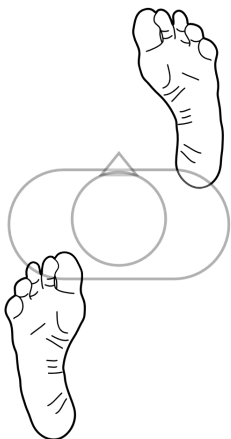
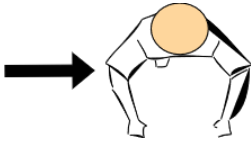
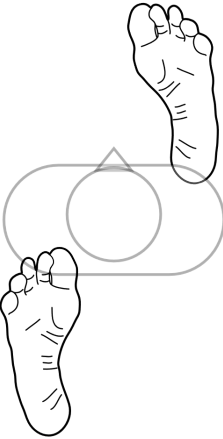
<https://www.youtube.com/embed/unsbbUQZbss?si=HEnKZMBBVMhalvg0>

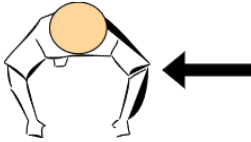
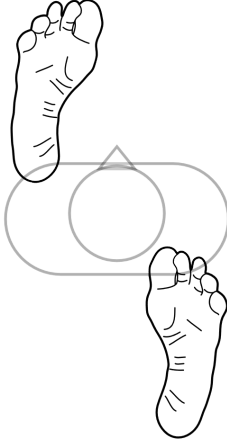
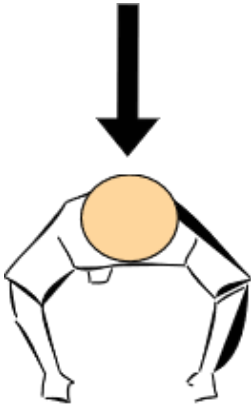
Pattern

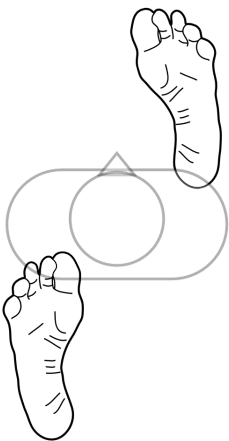
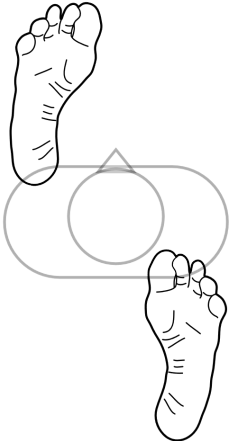
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L Short Stance	Eyes: 12 O’Clock Rotating counter-clockwise from yoi L Kakae Uke¹	1 - Parrying to the right side of the body
2		 R 3qtr Stance	Eyes: 12 O’Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)

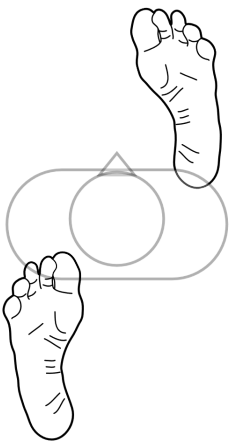
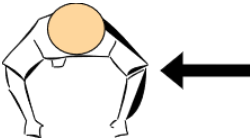
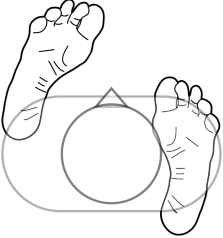
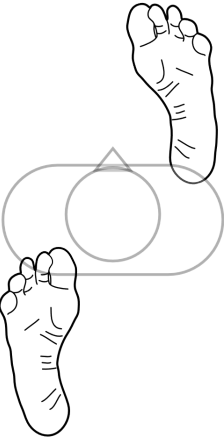
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Kakae Uke¹	1 - Parrying to the left side of the body
2		 L 3qtr Stance	Eyes: 12 O'Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Kakae Uke¹	1 - Parrying inside of strike, moving outside opening chest.

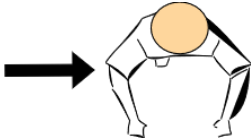
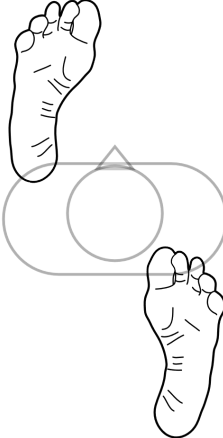
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 R 3qtr Stance	Eyes: 12 O’Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Striking at hips to buckle body over 2 - Striking under the chin	
3	 L 3qtr Stance	Eyes: 12 O’Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Striking at hips to buckle body over 2 - Striking under the chin	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
4	 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike² Ki-ai on 2	1 - Striking at hips to buckle body over 2 - Striking under the chin	
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count, back-foot goes around from 3qtr stance L Kakae Uke¹	1 - Parrying to the left side of the body
2		 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Kakae Uke¹	1 - Parrying to the left side of the body
2		 L 3qtr Stance	Eyes: 12 O'Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter- clockwise from previous count L Kakae Uke¹	1 - Hooking to grab the neck

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Kicking behind hips to disrupt balance 2 - Elbow strike to push forward	
3	 L 3qtr Stance	Eyes: 12 O'Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Kicking behind hips to disrupt balance 2 - Elbow strike to push forward	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
4	 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike² Ki-ai on 2	1 - Kicking behind hips to disrupt balance 2 - Elbow strike to push forward	
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Kakae Uke¹	1 - Parrying to the right side of the body
2		 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)

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1		 R Short Stance	Eyes: 12 O’Clock Rotating counter-clockwise from previous count R Kakae Uke¹	1 - Parrying to the left side of the body
2		 L 3qtr Stance	Eyes: 12 O’Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)